

Wingspan

Vol. 9, No. 21

Naval Air Station Corpus Christi, Texas

Thursday • November 6, 2003

New MWR facilities enhance quality of life for base personnel

Story by Mel Erebia, MWR PAO

Photos by JOC Rita Chadrick, Editor



From left to right: BM2 Thomas Schrameck; Cmdr. Al Alabata, NASCC executive officer; Travis Johnson, CSD director; Dora Thomas, Bay Club manager; Johnny Ruiz, Pizza Sub Pub manager; and other NASCC personnel officially open the Pizza Sub Pub.



The new Auto Skills Center building.



Mekea Sekator, Pizza Sub Pub employee, works on a made-to-order pizza.



Typical lunchtime crowd at the Pizza Sub Pub.

October was a busy month for MWR with the grand openings of two of its newest facilities, the Pizza Sub Pub and the Auto Skills Center.

The Pizza Sub Pub, located across from the NEX, is the result of the combined efforts of Seabees from Reserve Unit 122 and MWR's maintenance department. The Pizza Sub Pub's menu includes freshly baked pizza, a variety of sub sandwiches, pasta, fresh garden salads and cold fountain drinks. Hours of operation are Monday through Friday, 10:30 a.m. to 8 p.m.; Saturday 11 a.m. to 8 p.m.; closed Sundays. Delivery is available on base with a minimum purchase. To place an order or for more information, call 961-2249.

The new Auto Skills Center was made possible through a \$932,000 grant, which was the result of a joint effort between BUPERS and Naval Personnel Command. This state-of-the-art facility boasts an air-conditioned waiting area; five 12,000 pound, four post lifts; three 9,000 pound, twin post lifts; a variety of tools for most auto jobs; two self-service car wash bays, a detailing area with vacuum cleaners, and an accessory store. Highly skilled staff members are on hand to assist you as needed. Hours of operation are Wednesday through Friday 10 a.m. to 6 p.m.; Saturday and Sunday 9 a.m. to 5 p.m.; closed Mondays and Tuesdays. For more information, call 961-3470.

Stop by today and take advantage of these new facilities!



Jaime Robles works on his truck on one of the new 9,000 pound twin post lifts at the Auto Skills Center.



Johnnie Edwards, Auto Skills Center employee, assists customer Michelle Grantz.

From the Skipper

Give life a chance

By Capt. Paula Hinger



Hinger

Approximately 30,000 people commit suicide in the U.S. each year. Sailors and Marines account for about 40 of those deaths. Suicide ranks at the top, alternating between the second and third leading cause

of death during the past decade. Locally, we suffered three suicides just in the last year. A suicide kills only one person, but it destroys families, injures communities, and negatively impacts the mission. No reliable data exists to suggest how many people attempt or seriously consider suicide.

Epictetus, first century Stoic philosopher, observed, "It is not the event that disturbs us, but our view of the event."

Let's create an example of how this works: John is not promoted, evaluates this unfortunate event as awful, horrible and catastrophic, then condemns himself as a total failure. Desperate and certain that he will never be able to recover, John considers his options.

Desperate people do desperate things because they only recognize desperate options. So John considers his options. Does he consider his recent outstanding fitness re-

port? No. Why not? Well it isn't a desperate option so he discounts it. He discounts his supervisor's encouragement, his family's support, the fact that he can try again, and any other reasonable option.

John considers stopping by his corner mental health clinic, Joe's Bar. He considers divorce. He considers running off to California to join a Rock and Roll band. He realizes these are desperate options, but not desperate enough a reply to what he evaluates as a horrifying tragedy.

John settles on suicide. Only suicide can sufficiently tell the world how rotten it has treated him. Only suicide can adequately express the disturbance he has invented for himself. Yes, invented! Epictetus got it right after all, it's all John's view of things.

But, John doesn't have to miscalculate reality. He could interpret events as they

From the Skipper continued on page 4

Chaplain's Corner

I learned something new today

By Lt. Robert Christian

Each day I learn something new. When I was a child at school and the fire alarm went off, I learned to muster (it was "gather" then) near the flagpole or by the basketball courts. Recently, I learned that when the fire alarm goes off at the hospital we are to muster at the helicopter pad.

When I served with the Marines I learned to hump with a pack and sleep on the ground and like it, oorah! Now I am learning about planes and vectors. Growing up in south Louisiana I learned how to hunt duck and geese and I learned why geese fly in a formation, so hang on as I unload my complete knowledge of aeronautics.

I have read that scientists from Cal Tech put their computers and flight simulators to work to try and explain why geese fly in a formation. Their conclusion was that they did so because it was the easiest way to fly. They found that the formation acted aerodynamically as a single wing, in that the wind drag was spread equally across all the birds, thus reducing the amount of drag on each individual bird (are you impressed yet?).

Twenty-five geese flying together in formation can travel 70 percent further than one goose flying alone. The lead goose flies slightly to the side of the perfect point on the "V" so that even some of his drag is reduced. The benefit of the airflow in formation works both ways: the lead bird pulls along those behind him, while the followers' alleviate the workload of the one up front.



Christian

Let me put a chaplain's spin on this: although we learn as children to strive for personal excellence and be self-reliant, we actually function more effectively as a team. God has created us to be like geese in that we work together, serve together, and encourage each other. When we work together as a team we accomplish more and do it with less stress. Can we learn one more thing today and learn to live life God's way?

Healthwatch



Ruttig

Don't let it get to your head

By Lt. Nate Ruttig

TRAWING-4 Flight Surgeon

Headaches are a common problem. Over 80 percent of adult Americans report having recurring headaches. Women are 2-3 times more likely to suffer from headaches. Headaches can often occur from stress

(tension headaches), caffeine withdrawal (withdrawal headaches), sinus infection (sinus headache), or periods of prolonged aspirin/ibuprofen use (medication-induced headache). Sometimes though, headaches can serve as a warning sign of a more serious illness.

Migraines are headaches that are recurring, are usually limited to one side of the head or "hemi-cranial," and have associated symptoms such as nausea, vomiting and/or sensitivity to light. A person with a migraine headache can also have neurological symptoms such as vision disturbances -- seeing flashes of light/blurring of vision. Individuals with migraine headaches seek dark, quiet rooms. Symptoms are not usually relieved with over-the-counter medications. Migraines may be provoked by trigger foods like chocolate, alcohol, foods with tyramine (cheeses, smoked meats, red wine), foods with monosodium glutamate (MSG), or simply by a lack of sleep.

Tension headaches may be due to stress, but not always. Tension headaches are described as "squeezing," "throbbing," "shooting," or "aching," with symptoms occurring on both sides of the head at once or "bilateral." These headaches may occur at the same time each day, late afternoon, when daily stress is highest. These headaches may last from minutes to days. Over-the-counter medications seldom help.

Headaches may serve as a warning sign of serious disease. Any headache that comes on suddenly and intensely may be a signal of bleeding in the brain. These headaches, so-called "thunderclap" headaches, have a rapid onset and severe intensity. Patients describe a "thunderclap" headache as "the worst headache of my life." Any headache that has associated neurological symptoms (e.g. problems with speech, balance, numbness, tingling,

Healthwatch continued on page 4

Wingspan

NAS Corpus Christi
"Exceeding Expectations Through Pride In Performance"

Commanding Officer NAS CC
 Capt. Paula Hinger

Public Affairs Officer
 Lt. Scott Walters

Editor/Writer
 JOC Rita Chadrick

Wingspan is an authorized publication for members of the military services, civilian personnel and their families. Its contents do not necessarily reflect the views of the U.S. Government, the Department of Defense, Department of the Navy or the Department of the Army, and do not imply endorsement thereof.

Wingspan is published every other week by D.J. Young Publishing, 145 Naples St., Corpus Christi, Texas 78404, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Air Station Corpus Christi, Texas.

The editorial content is prepared, edited and provided by the Public Affairs Office of Naval Air Station, Corpus Christi, Texas. Stories and photos not otherwise attributed are written by the *Wingspan* staff. The address is: Commanding Officer, NAS Corpus Christi, Attn: *Wingspan*, 11001 D St. Suite 143, Corpus Christi, Texas, 78419-5021. All news releases should be sent to the above address. Please call (361) 961-2674 for deadline information.

The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the Department of Defense, the U.S. Navy, the U.S. Army, Naval Air Station Corpus Christi, or D.J. Young Publishing, of the products and services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

To advertise in *Wingspan*, please call D.J. Young Publishing at (361) 814-0866.

Notification of Total Coliform Violation

The Naval Air Station Corpus Christi Public Water System 1780017 collected four water samples during the month of October 2003 that contained coliform bacteria. The Naval Air Station Corpus Christi Public Water System is required to submit a minimum of 10 routine water samples each month for bacteriological analysis. Of the 10 routine samples, four were found to have coliform bacteria.

The Texas Commission on Environmental Quality (TCEQ) sets drinking water standards in Texas and has determined that the presence of total coliform is a possible health concern. Coliforms are bacteria that are naturally present in the environment and are used as an indicator that other, potentially harmful, bacteria may be present. Coliforms were found in more samples than allowed and this was a warning of potential problems.

For water systems analyzing at least 40 samples per month, no more than 5.0 percent of the monthly samples may be positive for total coliforms. For systems analyzing fewer than 40 samples per month, no more than one sample per month may be positive for total coliforms.

Repeat water samples were collected at 12 locations after notification of the four positive samples. Four (4) repeat samples were collected at the same collection sites as the original water samples, then four water samples were collected within five water connections up from the original sample sites, and then four more water samples were collected within five water connections down from the original sample sites.

All 12 repeat water samples came back negative for coliform (no coliform found in the samples).

If you have questions regarding this matter, you may contact Cmdr. John Nesius, public works officer, at 961-3664.

5th Annual Toys for Tots Softball Games

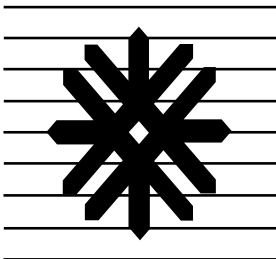
The Corpus Christi Senior Softball Association (CCSSA) will hold its 5th annual U.S. Marines Toys for Tots games on Saturday, Nov.15, 2003. The games will be played at Kiwanis Field in Corpus Christi Beach and will start at 9 a.m. All participating players are asked to donate one new unwrapped toy. Managers should ensure this. The schedule is as follows:

8:45 a.m.	USMC Color Guard and vocalist, Lisa Gonzales		
9 a.m.	Marines I & I	vs	C Company USMCR
10 a.m.	Channel 12	vs	Dudley’s Ancient Warriors
11 a.m.	Channel 6	vs	CCSSA Board
Noon	Caller-Times	vs	Sunday Best
1 p.m.	Coast Guard	vs	Naval Hospital
2 p.m.	HMS-15	vs	VT-35
3 p.m.	CC Fire Dept.	vs	CC Police Dept.
4 p.m.	Police/Fire Dept Heroes	vs	Navy Stars
5 p.m.	Co-ed Gals	vs	Co-ed Men
6 p.m.	No Fear Gals	vs	Ronnie 50 Guys
7 p.m.	No Fear Co-eds	vs	Mathews A/C
8 p.m.	Clear Channel	vs	Co-ed Best

In case of rain, games will be played on Nov. 22, 2003. For more information, contact Gene Pasahow at 852-8416. Come out and watch the games and support your local Toys for Tots campaign!

NAS Corpus Christi November weather outlook

By AG2 Merody A. Hulsey
NTMOD




During the month of November the transition from summer to winter continues as the Polar Front moves well into Texas. Daytime temperatures are mild and nights are cool. With the increasing frequency of passing cold fronts (about once a week), the average temperature drops sharply to a mean high of 74 degrees Fahrenheit and a mean low of 60 degrees Fahrenheit. November’s cooler temperatures should finally provide a welcome relief from the heat and high humidity of the South Texas summer. Fog and low clouds increase during the month and become a factor for aircraft operation. Winds are South-Southeasterly, averaging 11 knots until passing fronts cause the wind to shift to a Northerly flow. Rainfall amounts continue to decrease, with precipitation occurring about six times a month producing a mean total of 1.9 inches. It is interesting to note that with over 22.40 inches of precipitation recorded at NAS Corpus Christi through September, we are still under our yearly average of 30.3 inches of rainfall. November is the last month of the tropical cyclone season; however, development in the Caribbean and Gulf of Mexico still exists but to a lesser extent than during October. Point your browsers to https://www.ntmof.navy.mil for the latest tropical updates as well as plenty of other useful weather information. For current weather conditions that are updated hourly please call 961-4500.

Tricare / United Concordia brief

There will be a presentation at the Wings Auditorium on Nov. 13 at 8:30 a.m. on Tricare and United Concordia benefits. Mr. Bill Dennis from Tricare and Mr. Allen Barrier from United Concordia will be the guest speakers. They will be discussing important information that could benefit you and your family. All active duty and retired military and their spouses are invited to attend.



From the Skipper continued from page 2



instead of exaggerating them. He could share his disappointment with family or friends. He could allow someone else to help him through this difficult situation. John thinks he is the only person with a problem this big. He isn’t, but he doesn’t know that.

It’s hard to think clearly about bad things, but that is good news because it’s only hard! We do hard things every day. We also help each other and get help from each other. We’re a community; it’s what a community is for.

In our secret reflections, we may think others rate us higher than we deserve. We may feel ashamed. How terrible it will be, we tell ourselves, when they find out the truth about us. We may have struggles at which we continue to fail. We may tell ourselves that our personal failings prove we are less worthy than others who may also be failing.

Shame is a killer, a self-killer. Shame is always inappropriate and disturbed. Of course, we have failed and we would be wise to regret that so that we can focus on improving our behavior. But shame means that we add to regret self-condemnation.

Not only does Sue continue to lose her temper at her children, though she promises fervently that she’ll never do it again, she now has begun to condemn herself. “I’ll never stop this terrible thing I am doing to my children. I deserve to die. I’d better swallow these pills and get on my way right now!”

Wouldn’t Sue do better to recognize her inappropriate use of temper, regret her continuing failure to manage on her own, then reach out to someone for help? We’re a community remember? We’re here for each other aren’t we? Sue is not the only one among us suffering like this, but like John she doesn’t know that.

If you have ever been the victim of someone having chosen suicide, you know that their choice made absolutely no sense to you. You wasted hours trying to rationalize what is a totally irrational act. An answer never comes, because it doesn’t exist. Therefore, knowing that the person who considers suicide as their only viable option is not thinking along the same logic path as the rest of us, leaves us with only one choice. Our responsibility is to learn how to recognize the signs, ask questions and take action.

We can benefit from suicide prevention training. It is provided routinely as part of our GMT and safety stand downs, and you can view the Suicide Awareness Training video on the FFSC web page at: https://nascc.cnatra.navy.mil/ffscHome.htm. You might be a first responder to someone considering suicide. Keep in mind the *Aid Life* tool:

A: Ask. Do not be afraid to ask, “Are you thinking about hurting yourself?” or “Are you thinking about suicide?”

I: Intervene immediately. Take action. Listen and let the person know he or she is not alone.

D: Don’t keep it a secret.

L: Locate help. Call 911. Seek out the Officer on Duty, chaplain, physician, corpsman, friend, family member, crisis line worker, or emergency room staff.

I: Inform the Chain of Command of the situation. The Chain of Command can secure necessary assistance resources for the long term. Suicide risk does not get better with quick solutions. Effective problem solving takes time, and the Chain of Command can monitor progress to help avert future difficulties.

F: Find someone to stay with the person now. Don’t leave the person alone.

E: Expedite. Get help now. An at-risk person needs immediate attention from professional caregivers.

There is a limit to assistance. We must tell someone we are considering a desperate option. Others can’t read our minds. I invite everyone to take the risk that community works. Tell someone your troubles; listen with a patient ear to others. Let go of the secret that kills. Visit your chaplain or your FFSC or just call them. They have support groups, information, counselors, and resources all over the region. As a matter of fact, there is nothing they would rather do than visit with you.

Healthwatch continued from page 2

or weakness of the arms/hands/legs/feet/face, difficulty thinking, problems with memory, drooping of the face) may be a sign of a stroke. If headaches become increasingly worse over time, awaken you from sleep at night, or are associated with early morning vomiting, this may be due to increased pressure in the brain. If at any time you have any of the symptoms described in this paragraph you should see a physician immediately.

In general, there are many good treatment options and therapies for all types of headaches. New drugs and therapies are available. If you are a headache sufferer you may need to try many medications or therapies before finding that one therapy that is right for you. See your doctor, have patience and know that finding relief for you is our priority.

Every drop counts: Blood donation drive this month

By Bill W. Love
NHCC PAO



The U.S. Navy, Marine Corps and Coast Guard have a long standing tradition of answering the call for blood donors. Unfortunately, many service members who have faithfully donated in the past are still deployed, and others are temporarily unable to do so because they were in malarial endemic areas.

Blood collection is critical to current military operations around the world because maintaining an available blood supply in an operational area can make the difference in saving lives.

“The need is great and a donation will save a shipmate or a buddy,” stressed Mark Salcedo, blood donor recruiter, Brooke Army Medical Center, “that is why we are bringing our team to Naval Air Station Corpus Christi on Nov. 14 and 15.”

The Akeroyd Blood Donor Center, based at Fort Sam Houston, is one of 21 Armed Service Blood Donor Centers servicing military blood donors. These military donor centers are responsible for collecting, processing and shipping blood products to their local medical facility and to the Armed Services Whole Blood Processing Laboratory (ASWBPL). The ASWBPL then ships blood and blood components to medical treatment facilities in counties like Iraqi, Germany, Kuwait, and Saudi Arabia.

“The need for blood was high before the war and it was critical during the height of military operations,” explained Salcedo. “Now, because Operations Iraqi Freedom and Enduring Freedom are still in progress, our deployed units still have a great need for blood.”

The Akeroyd Blood Donor team will visit here this month and asks that active duty service members, their family members, military retirees, and DoD federal civilians roll up a sleeve and give a unit of blood. You may donate in the ambulance bay area at the Naval Hospital on Nov. 14 from 10 a.m. to 2 p.m., and at the Navy – Marine Reserve Center on Nov. 15 from 8 a.m. to noon.

News Briefs

Navy releases 5VM 1.1

Leveraging the latest technology to bring Sailors the best resources for career management, the Navy released the second iteration of the 5 Vector Model (5VM) 1.1.

The 5VM is the primary tool of Task Force Excel’s “Revolution in Training,” bringing the Navy closer to its goal of pushing career ownership down to individual Sailors by providing the tools and resources to ensure their success.

5VM 1.1 is now available for mess management specialists, information systemstechnicians, and aerographer’s mates, with engineering and aviation ratings coming online by the end of the year. To view an orientation, or log onto your 5 Vector Model, visit Navy Knowledge Online at http://www.nko.navy.mil.

New award recognizes military spouses

Procter & Gamble Military Markets is sponsoring the new American Military Spouse Award at “The 9th annual American Veteran Awards: A Tribute to Freedom presented by Anheuser-Busch Companies.” The Military Spouse Award will be bestowed upon four recipients who have demonstrated exceptional volunteer accomplishments, selfless giving to others in the community, and the ability to sustain the home front during long deployments and times of family separation. If you know someone who meets one or more of these criteria, we encourage you to nominate him/her.

The four chosen recipients will receive paid travel accommodations to attend the TV taping in Beverly Hills, Calif., from Nov. 20 - Nov. 23. The 9th annual American Veteran Awards (AVAs) will premiere on The History Channel in February 2004 and also can be seen on American Forces Network. Pick up a nomination form at your local commissary or enter online at http://www.avashow.com. All nominations must be received by midnight PST, Sunday, Nov. 9, 2003.

MWR News & Events

Civilian Morale, Welfare Recreation Activity

The Christmas holidays are just around the corner; don't wait until the last minute to start your Christmas shopping. Make your list and check it twice, then stop by the CMWRA office and reserve your seat for the "First Day of Christmas Shopping" trip to San Marcos, Texas, and a night of relaxation in San Antonio, Texas, on Nov. 29 and 30. The cost for this super trip is \$35 per person. Take a look at all you get for this awesome price:

- One day shopping at the San Marcos Factory Outlets
- One (1) night hotel accommodations at the Amerisuites Hotel located on the historical River Walk in San Antonio (four (4) people per room)
- A day to explore downtown San Antonio
- Transportation on a chartered bus

Seats are limited so stop by the CMWRA office (located in Building 249) today and reserve your seat on this "must do" holiday shopping trip (only payment insures reservation). Participants must be 18 years or older. For more information, call the CMWRA office at 961-3476.

Corpus Christi Bay Club

The holiday season is approaching fast and our catering department is here to do all the work for you so you can enjoy your holiday parties. We provide takeout and deliveries for your office and home holiday parties on base and full catering at the Bay Club and the recreation center. Take a look at what else the Corpus Christi Bay Club has planned for you this month:

Monthly Specials:

- November 7:** Shrimp A Peel \$15.95
- November 8:** Medallions of Beef Bernaise \$14.95
- November 14:** Surf n' Turf \$13.95
- November 15:** Flaming Kabobs \$13.95
- November 21:** Chateaubriand Flambe for Two \$29.95
- November 22:** Seafood Platter \$13.95

The above specials are served along with the a La Carte from 5 p.m. to 9:30 p.m. Prices are for club members. An additional \$1 per person is added for non-members. Salad, iced tea or coffee are included with all the meals. Reservations are required for the specials in order to serve you better.

Special Events This Month:

Nov. 7 & 21: Winging Designation Ceremonies will be held in the main ballroom at 3:30 p.m.

Nov. 27: A traditional Thanksgiving buffet will be served from 11 a.m. to 2 p.m. Our "Bountiful Menu" will include corn chowder and French onion soup, fresh garden salad, waldorf salad, roast turkey with dressing and giblet gravy, baked ham with fruit sauce, fluffy whipped potatoes, honey glazed yams, Italian mixed vegetables, sweet peas, hot rolls with butter, bread pudding, pumpkin, pecan and mincemeat pies, ice tea, coffee and a complimentary glass of champagne, a Bloody Mary or a fountain soda. Prices are as follows: members, \$14.95; non-members \$15.95; children 3-10 years old \$6; children under 3 years of age are free. Reservations are required for this Thanksgiving feast; call 961-2541 to make reservations.

November Holiday Hours:

- Nov. 11, Veteran's Day:** CLOSED
- Nov. 28, day after Thanksgiving:** CLOSED



E-Street Gym

Coed Volleyball League (Non-Captain's Cup): Register at the E-Street Gym before Nov. 7. A coach's meeting will be held at the E-Street Gym office on Nov. 12 at 5 p.m. The league will be played on Friday evenings. Teams must have a minimum of two female players to begin a match. Players do not have to be from the same unit.

Intramural Sports Program: All Captain's Cup sports are unit competition; participants must compete with their unit. Military, military dependents 18 years of age and older, and DoD/NAF employees working at NAS Corpus Christi are eligible to participate. Women are encouraged to participate in all sports. There is a minimal entry fee for contractors. Awards

MWR News & Events

are given to first and second place finishers for each sport. Please register on time. Team roster sheets are available at the gym. Coach's meetings are mandatory. For additional information call the E-Street Gym at 961-2401.

6th Annual Holiday Basketball Shootout: Deadline for registration is Dec. 8. The shootout will take place on Dec. 13.

- November Holiday Hours:**
- Nov. 11, Veterans Day:** 10 a.m. to 6 p.m.
- Nov. 27, Thanksgiving:** CLOSED

Gonzalez Liberty Program and Center

The Gonzalez Liberty Program and Center has a month full of fun activities and events planned for you. Start your month off with some fun playing pool, and end it with a great Thanksgiving dinner and a whole lot in between.

Last Buck Night, Nov. 13: Are you down to your last buck? Don't worry, visit the Gonzalez Liberty Center for some FREE food and lots of fun. You can watch a movie, play some pool or just hang out with your friends. This event is open to all active duty personnel. The fun begins at 5:30 p.m. Hope to see you there!

Turkey Paintball Shoot, Nov. 20: Calling all "Turkeys!" Are you ready for some real fun? Sign up for this wacky game of Turkey Paintball Shoot. The cost for this event is \$5 per person. The cost includes all equipment. All participants must be 18 years or older. The Turkey Shoot begins at 4 p.m. and will last until dark. Sign up before Nov. 11 at the Gonzalez Liberty Center.

Popcorn Sundays, Nov. 9, 16 & 23: Why fight the crowds and pay the high prices at the theaters? That's what your Liberty Program is for. Come by the Liberty Center on Sundays and enjoy new release movies and all the popcorn you can eat. The best part of this is that it is all FREE. All you have to do is round up the crowd and show up and let the GLC take care of the rest.

Thanksgiving Dinner, Nov. 27: Enjoy Thanksgiving with your friends at the Gonzalez Liberty Center. There will be lots of good food, plenty of fun games and much, much more for all active duty personnel to partake in on this day of giving thanks. It is our way of showing you how thankful we are for all you do for us. Dinner will start at 2 p.m.

Attention all commands: If you have active duty personnel on watch Thanksgiving day, let us know and we will deliver a FREE hot Thanksgiving dinner to your work space. Please call the GLC at 961-6405 with a list before Nov. 21.

Volunteers needed: If you would like to help deliver or prepare plates for this Thanksgiving feast, please come by and see us at the GLC.

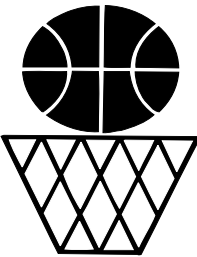
Information, Ticket and Tours (ITT)

ITT has your entertainment needs covered, be it music, sports, theater or travel. For those seeking to satisfy their taste for music, ITT has tickets to the following concerts being held at Corpus Christi's Concrete Amphitheater:

- Nov. 11:** Three Doors Down with Seether & Shine Down
- Nov. 13:** An Evening with Cheap Trick
- Nov. 15:** Roger Creager (Proceeds go to Driscoll Children's Hospital)
- Nov. 21:** Twizted

Please keep the following information in mind when purchasing tickets to these concerts.

- No refunds
- No food or drinks
- No cameras
- Bring your own chairs
- No video cameras
- All concerts are general admission



Music not your forte? How about basketball? ITT has tickets to some of the hottest Spurs games coming up:

- Nov. 8:** Spurs vs. Mavericks
- Dec. 3:** Spurs vs. Lakers
- Jan. 10:** Spurs vs. Pacers
- March 5:** Spurs vs. Mavericks

Only a limited amount of tickets are available so stop by the ITT office, located in Bldg. 39, and get your tickets today. For more information on these or any other ITT ticket sales, call 961-2267 Monday thru Friday from 8 a.m. to 4 p.m.

The day after

By NASCC Safety Dept.

With the holidays just around the corner, we all know we will be hearing about drinking and driving and over indulging with our favorite alcoholic beverages. Of course, with over indulgence comes the dreaded hangover. Aside from the pain the headaches bring, hangovers can have a negative impact on a person's life and may even be deadly.

Over indulgence in alcohol can not only cause hangovers, but also dehydration and sleep deprivation. It also increases toxins in the body and costs the U.S. \$148 billion dollars a year due to missed work and decreased productivity.

But what exactly is a hangover? A hangover is the result of toxic build-up and a lack of bodily fluids. The build-up of toxins is what causes that "not so good feeling" we often have after drinking. Basically, what has happened is that we have poisoned ourselves. Toxic build-up is due to a person drinking faster than the liver can process toxins out of the body. It takes the liver approximately one hour to process one eight- ounce drink; this creates a toxic build up within the liver.

Dehydration is another factor of a hangover. Alcohol is a diuretic, which means that there is an increased release of body fluids. Severe dehydration is a life-threatening condition. By the time you become severely dehydrated, there is no longer enough fluid in the body to carry blood to your organs. You may begin to go into shock, which is a medical emergency. Being dehydrated affects the liver and kidney by not releasing toxins out of the body, so now the toxin problem has been magnified.

Alcohol also has an effect on the neurotransmitters of the brain, which is why we lose motor function of the body. Neurotransmitters are endogenous signaling molecules that alter the behavior of neurons or effector cells. Because our neurotransmitters are not functioning properly, it affects our sleep. Alcohol does not allow the body to go into a deep sleep that is required for proper rest. This is why we feel tired and sluggish the next morning. Studies have shown that after all the alcohol has left the body, the brain is still affected 16 hours later. So now we have the headache, lack of sleep, sluggish motor skills and impeded thought processes.

Now lets look at how safety is jeopardized the day after. The first thing would be sleep depravation and the pain hangover inflicts on us as we try to go about our day. These two combined can jeopardize judgment and motor skills. With this in mind, would you want someone in this state operating equipment or performing maintenance on equipment you rely on to work correctly? The work place must be a safe environment for all employees. We have all seen someone with a hangover, but has it ever crossed our minds that the individual was mentally and physically impaired?

One last important thought: Middle aged persons or those who have heart problems are at an increased risk of a heart attack after drinking due to the biological changes that take place. We can now add a heart attack to the list of our bodies' negative responses to drinking alcohol, none of which is appealing. Popular belief is that missed work and lowered production is due to hangovers of a heavy drinker. This, however, is not the case. In fact, studies show the biggest offender is the light to moderate drinker, your normal worker. Everyone deserves and has the right to a safe work place. Think of safety for our fellow workers.

You're not Listening to me!

Fleet and Family Support Center Presents
"How to have an argument without having a fight."

Housing Office
7:00 to 8:30 pm
Thursdays
November 6, 13 and 20

Conflict is only bad if you lose—or win!

Anyone can support military families through a “Gift of Groceries” or money for college

By Bonnie Powell
DeCA Public Affairs



The holiday season is fast approaching, and a great way to show your support for American service members this holiday season is with commissary gift certificates or money for college.

"One way friends, family and the public can show their support for military families is to give commissary gift certificates as gifts, or donate them directly to military charities that assist families," said Kaye Kennedy, chief, corporate communications. "Last year we heard from a number of installation organizations with holiday assistance and food programs that the gift certificate program

really worked for them. In addition, the public was generous in donating gift certificates to worldwide organizations that assist the military, such as the USO, Air Force Aid Society and Fisher House Foundation."

The "Gift of Groceries" program is made possible through a business agreement with CertifiChecks Inc. at no cost to DeCA or the federal government. The program allows anyone to purchase commissary gift certificates at <http://www.commissaries.com> or by calling toll free 1-877-770-GIFT. The certificates can be given as gifts or donated, but only authorized commissary shoppers can spend them.

The certificates are not available for sale in commissaries, but they can also be purchased with a mail-in or FAX form found at the gift certificate link at <http://www.commissaries.com>. A standard charge of \$4.95, paid by the purchaser, covers the costs of handling, printing and mailing. Additional charges may apply for large orders or special delivery, but installation charities can apply for a waiver by checking with their local commissary.

"The program grew out of a desire for DeCA to fulfill customer requests for commissary gift certificates that could be used at any commissary worldwide," said Jean Villerreal of DeCA, gift certificate program manager. "But the program has really exceeded all our expectations as customers, industry and military charities really embrace the service."

"The commissary benefit offers an average savings of 30 percent or more, and that can really extend the purchasing power of a family using a commissary gift certificate," said Kennedy.

The general public can also help outstanding military children go to college. The Scholarships for Military Children program began its fourth year Nov. 3 with a new twist— anyone can donate to support the scholarships.

Since 2001 the Scholarships for Military Children Program has awarded nearly \$2.5 million in scholarships to nearly 1,500 military students. The program has been generously supported in the past solely by the vendors and manufacturers selling groceries in the commissary system.

This year, a dedicated Web page has been set up by the program administrator, Fisher House Foundation, at <http://www.militaryscholar.org>. The new site has information about the program and a donation page. The site will be "live" year-round, and it is also accessible through a link at <http://www.commissaries.com>. "This makes it easier for the American public to show their support for military families, and it gives the program an opportunity to grow through additional funding," said Edna Hoogewind, DeCA's liaison for the scholarship program.

"We've learned that individuals, as well as corporations, are interested in supporting the Scholarships for Military Children Program," said Jim Weiskopf, Fisher House Foundation vice president for communications. "We provide a means to donate on the Internet through a secure credit card server, and there are no administrative fees involved. Additionally, all Combined Federal Campaign donations to the Armed Services Foundation are being used for the scholarship program."

The application period for the 2004 scholarship program began Nov. 3 and ends Feb. 18, 2004.

Awards & Achievements

NASCC Reenlistments



Photo by JOC Rita Chadrick

Lt. Cmdr. Ralph Bowers, NASCC Staff Judge Advocate, presents a Letter of Reenlistment to MN2 Neil Meyer, who reenlisted for four more years in the Navy on Oct. 17.



Photo by PH1 Charlo Whorton

Retired Rear Adm. John Boyington, Jr., administers the oath of enlistment to MA1(AW) Grady Beaulieu and MA1(SW) Jose Olivencia during a reenlistment ceremony held at NASCC's Security Dept. on Oct. 24.

BZ to "Blackhawk" Sailors



Photo by HM-15 staff

Cmdr. Andrew Buduo, (r), HM-15 executive officer, presented MS2 Manual Nunez with a Navy Achievement Medal during a recent award ceremony at the squadron.



Photo by HM-15 staff

Cmdr. Paul Lluy (r), HM-15 commanding officer, presented ADC(AW/NAC) Michael Bradish with a Navy Commendation Medal during an awards quarters at the squadron on Oct. 27.



Photo by SK1(SCW) Bill Samuels

New Aviators

The following individuals received their "wings," designating them aviators, during a winging ceremony at the Bay Club on Oct. 17. In alphabetical order: 2nd Lt. Olav Andersen, foreign; Ensign Luigi Calo, foreign; 2nd Lt. Sheila Carlson, USAF; 2nd Lt. Peter Chand, USAF; Ensign Ricardo Collazos; Ensign Thomas Corcoran; 2nd Lt. Phillip Daniels, USAF; Ensign Brandon Decker; 2nd Lt. Patrick Desmond, USAF; Ensign Mariusz Drozdowski; 2nd Lt. Cherie Griffin, USAF; 2nd Lt. Johan Haetta, foreign; 2nd Lt. Jacob Hiles, USAF; 2nd Lt. Daniel Hiltferty, USAF; 1st Lt. Justin Hill, USMC; Ensign Allan Huebner; Lt. Jose Lugardo; Lt. Cesar Morales, foreign; Ensign Brad Pikula; 2nd Lt. Robert Reinebach, USAF; Lt. j.g. Robert Robinson; 2nd Lt. Timothy Robinson, USAF; 2nd Lt. Karl Savacool, USMC; Ensign Nathan Staff; 1st Lt. Chad Steel, USAF; 2nd Lt. Joey Sullivan, USAF.

Commodore's List



Photo by AE1 Robert Lowe

Ensign Jacobs Mattheisen, Ensign Charles Cha and Ensign Matthew Quillen, from VT-28, were presented with certificates for making the Commodore's List with Distinction during a recent ceremony at TRAWING-4.



Photo by SK1(SCW) Bill Samuels

Commodore Gabriel Salazar, far left, and Cmdr. David Price, VT-28 commanding officer (far right), presented Lt. Arthur Hodge, Ensign Ryan Mattson and Ensign Michael P. Codington with certificates for making the Commodore's List during a ceremony on Oct. 23.